

# NATIONAL TAEKWONDO ACADEMY

MONDAY A	TUESDAY A	WEDNESDAY B	THURSDAY B	FRIDAY R	SATURDAY C
					Kickboxing Adults & Teens 9:00 - 10:00am
					<b>BBC Weapon &amp; Special Training</b> 10:15 - 11:00am
<b>Introductory Class for New Students</b> 2:30 - 3:00pm		<b>Introductory Class for New Students</b> 2:30 - 3:00pm		<b>Introductory Class for New Students</b> 2:30 - 3:00pm	<b>White – Blue</b> Juniors & Adults 11:00 - 11:45am
<b>White Belt</b> Little Ninjas 3:00 - 3:30pm	<b>Introductory Class for New Students</b> 3:00 - 3:30pm	<b>White Belt</b> Little Ninjas 3:00 - 3:30pm	<b>Introductory Class for New Students</b> 3:00 - 3:30pm	<b>Make Up Class</b> for Little Ninjas (All Belts) 3:00 - 3:30pm	<b>Brown &amp; Above</b> Juniors & Adults 11:45 - 12:30pm
<b>Brown- Rec. Blk</b> Little Ninjas & Juniors 3:30 - 4:15pm	<b>(H) White- Orange</b> Little Ninjas & Juniors 3:30 - 4:15pm	<b>Brown- Rec. Blk</b> Little Ninjas & Juniors 3:30 - 4:15pm	<b>(H) White- Orange</b> Little Ninjas & Juniors 3:30 - 4:15pm	<b>BBC Weapon &amp; Special Training</b> 3:30 - 4:15pm	Elite Demo Team Practice 12:30 - 1:30pm
<b>Master Club</b> 1 <sup>st</sup> Degree Black Belts 4:15 - 5:00pm	<b>Green- (H) Blue</b> Little Ninjas 4:15 - 5:00pm	<b>Master Club</b> 1 <sup>st</sup> Degree Black Belts 4:15 - 5:00pm	<b>Green- (H) Blue</b> Little Ninjas 4:15 - 5:00pm	Poomsae & Leadership Team 4:15 - 5:15pm	Private Lessons & Birthday Parties
<b>(H) White- Orange</b> Little Ninjas & Juniors 5:00 - 5:45pm	<b>White Belt</b> Little Ninjas & Juniors 5:00 - 5:45pm	<b>(H) White- Orange</b> Little Ninjas & Juniors 5:00 - 5:45pm	<b>White Belt</b> Little Ninjas & Juniors 5:00 - 5:45pm	Sparring Team & Open Sparring 5:15 - 6:15pm	
<b>Introductory Class for New Students</b> 5:45 - 6:15pm	<b>Brown- Rec. Blk</b> Juniors 5:45 - 6:30pm	<b>Introductory Class for New Students</b> 5:45 - 6:15pm	<b>Brown- Rec. Blk</b> Juniors 5:45 - 6:30pm	<b>Rec. Black and Adv. Degree</b> Prep Class 6:15 - 7:15pm	
<b>Green- Blue</b> Juniors 6:15 - 7:00pm	<b>Master Club</b> 1 <sup>st</sup> Degree Black Belts 6:30 - 7:15pm	<b>Green- Blue</b> Juniors 6:15 - 7:00pm	<b>Master Club</b> 1 <sup>st</sup> Degree Black Belts 6:30 - 7:15pm	Instructor Class (Invite Only) 7:15 - 8:15pm	
<b>White-Black Adults &amp; Teens</b> 7:00 - 8:00pm	<b>Master Club</b> 2 <sup>nd</sup> & 3 <sup>rd</sup> Degree Black Belts 7:15 – 8:15pm	<b>White-Black Adults &amp; Teens</b> 7:00 - 8:00pm	<b>Master Club</b> 2 <sup>nd</sup> & 3 <sup>rd</sup> Degree Black Belts 7:15 – 8:15pm		

**Little Ninjas (Ages 4-6)      Juniors (Ages 7-12)      Teens & Adults (Ages 13 & Older)**

Arrive 5 - 10 minutes prior to your scheduled class. (PLEASE DO NOT DISTURB THE CLASS IN SESSION.)

“A Days” Lesson taught on Mon. will be the same on Tues.

“B Days” Lesson taught on Wed. will be the same on Thurs.

“C Days” Review of lessons taught on A & B Days.

“R Day” Advanced classes for students **recommended** by an Instructor.